



healthy plant-swops to adopt

HOW DOES PLANT-FORWARD (PLANT-BASED) EATING BENEFIT YOUR HEALTH?

Whether you're considering eating less meat or giving it up entirely, the benefits are clear: less risk of disease and improved health and well-being.

AMERICAN HEART ASSOCIATION



HOLIDAY READY DISHES

ROAST, SCOOP & STUFF

Whether you eat meatless meals once in a while or have fully embraced a plant-based diet, holiday meals can be nutritious as well as delicious.

Roast squash, scoop, dice, and add for a hearty salad and to stuffing for a delicious plant-forward main. Finish off with a scrumptious Sweet Cherry Olive Oil Torte; these dairy-free, meatless dishes are guaranteed to become new holiday favorites.



ROASTED SQUASH AND KALE SALAD WITH GREEN GODDESS DRESSING
This vibrant salad is packed with nutrient-fiber-rich kale and protein-dense squash, and is hearty enough to be served on its own.

Depending on availability, acorn, butternut, or delicata squash are my go-to picks for full flavor and texture in every bite. Roast off extra squash and freeze for a quick and flavorful addition to any salad.



CAST IRON SPICE GRINDER SET WITH BEECH WOOD LID ZASSENHAUS
The cast iron spice mill and grinder set has a beech wood lid to store the contents. It is the perfect tool for grinding, pulverizing, and crushing fresh spices in a short amount of time.

Three pieces: outer cup, inner grinder, and beech wood lid. 3.5" high x 3.1" deep x 2.8" inner diameter.

RECIPE

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APPLE SAGE STUFFED BUTTERNUT SQUASH

This roasted stuffed squash is a hearty and satisfying roast without the meat. The aroma of the apple sage stuffing is reminiscent of a holiday meal and can be frozen and served year-round.

For a quick prep, roast the squash and prepare the stuffing the day before



5 QT ROUND CASSEROLE COVERED, ENAMELED PROVINCIAL BLUE

CUISINART
Versatile and functional, perfect for cooking, baking, serving and entertaining. The cast iron construction provides superior heat retention and even heat distribution. Stovetop, oven and broiler safe. Induction stovetop compatible and dishwasher safe.

RECIPE

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SWEET CHERRY OLIVE OIL TORTE

This classic Italian torte opts for olive oil as a healthier choice to butter or eggs, resulting in a moist, rich, and tender cake with a subtle citrus and distinct cherry flavor. Swop out cherries for berries, diced apples, or stone fruit for a delicious flavor variation.



KITCHENAID STAINLESS STEEL MIXING BOWLS, SET OF 3

KitchenAid stainless steel mixing bowls: versatile set, durable stainless steel stands up to daily use and is odor- and stain-resistant; non-slip base helps to stabilize bowl while mixing. The set includes: 1.5-quart, 3-quart, and 5-quart bowls.

RECIPE

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PROTEIN RICH NUTRITIONAL YEAST



SHOP

RECOMMEND ANTHONY'S GOODS NUTRITIONAL YEAST FLAKES

Anthony's Goods premium Nutritional Yeast Flakes are a great source of fiber, vitamins, minerals and a great plant-based protein source. The Nutritional Yeast Flakes are fortified, batch tested and verified gluten free.

Stock your pantry with plant-based, nutrient-rich nutritional yeast to add a boost of protein, a nutty flavor, and creaminess when making non-dairy butter, soups, risotto, sauces, and casseroles.

MY-GO-TO KITCHEN HELPERS FOR ENTERTAINING

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ORIGINAL SWISS PEELER 3-PACK RED/GREEN/YELLOW KUHN RIKON

Kuhn Rikon, the ultimate all-purpose Y peeler with a razor-sharp straight carbon steel blade that maximizes smoothness and minimizes wastage. Incorporates a convenient potato eye remover and is suitable for right and left-handed use.

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FARBERWARE BUILD-A-BOARD BAMBOO CUTTING BOARD, CLEAR

LOCKING LID & NAVY HANDLES
Build a Board is an all-in-one solution for food prep and presentation. Cut & prep on one side; flip to reveal a compartment ideal for charcuterie boards, snack trays, or veggie platters.

SHOP



ITRUSOU FOOD WARMING MAT

Electric Food Warmer with full surface heating to keep food warm with 3 temperature settings

140°F, 176°F, and 212°F.

Great for parties, buffets and holiday gatherings or everyday use. Waterproof, stain-resistant, flexible and easy to roll up for convenient storing.

SHOP

SIGN UP FOR PLANT-SWOP'S MONTHLY NEWSLETTER

Refresh and edit your pantry and recipe box to include plant-based ingredients, nourishing meals, and explore some healthy swops to adopt. Enjoy!

Chef Anne Callaghan

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